

THE ROLE AND SIGNIFICANCE OF NATIONAL MOVEMENT GAMES IN THE EDUCATION OF TODAY'S YOUTH

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Annotation: This article analyzes the significance of national movement games in the upbringing of today's youth, as well as their impact on physical, spiritual, and social development. According to research findings, national games serve as an effective tool for promoting a healthy lifestyle, developing motor skills, and fostering moral and ethical values among young people.

Keywords: National games, movement games, physical education, youth upbringing, motor skills.

Introduction

National movement games represent a unique combination of traditional culture and physical education that has been passed down from generation to generation. These games not only contribute to the physical development of young people but also help acquaint them with spiritual, social, and moral values. Today, promoting a healthy lifestyle, encouraging physical activity, and developing social competencies among youth are some of the most pressing issues. In this regard, national movement games play a significant role, as they:

- develop motor skills and physical abilities;
- enhance teamwork and social interaction skills;
- cultivate moral values, respect, and a sense of justice;
- familiarize youth with national traditions and cultural heritage.

Therefore, the active use of national movement games in schools, sports institutions, and other educational organizations is highly recommended.

MAIN PART

Types and Characteristics of National Movement Games

National movement games come in various forms:

1. Individual-based games — focused on personal skills (e.g., Chumchuq game, Ball Passing).
2. Team games — played collectively (e.g., Kurash, Bola-bola).
3. Competitive games — aimed at developing speed, endurance, and agility.

The main characteristics of these games include stimulating physical activity, enhancing concentration, and fostering a cooperative and respectful social environment.

Their Role in Social Education

National movement games contribute significantly to developing young people's social competencies:

- Teamwork: Group-based games teach children to cooperate and support one another.
- Strategic thinking: During gameplay, participants learn strategic decision-making and tactical planning.
- Discipline and turn-taking: Youth internalize social order and discipline through adherence to game rules.

As a result, national movement games serve as an effective means for raising socially mature, cooperative, and respectful individuals.

The Role of National Movement Games in Physical Education

National games have a direct impact on the physical development of children and adolescents:

- Strength and endurance development: Physical activity occurs naturally within the game.
- Agility and coordination: Working with the ball, rapid movements, and varied combinations enhance motor skills.
- Promotion of a healthy lifestyle: Regular participation makes physical activity a natural habit. Research shows that children engaged in national movement games demonstrate stronger interest in sports and possess higher physical performance indicators compared to others.

Spiritual and Social Educational Value of National Movement Games

National games contribute not only to physical development but also to spiritual and social upbringing:

1. Formation of moral values — qualities such as respect, fairness, and integrity are reinforced through gameplay.
2. Improvement of social skills — group interaction, turn-taking, and teamwork enrich young people's social experience.
3. Preservation of cultural heritage — through games, the younger generation becomes familiar with national traditions and values.

Application of National Movement Games in Modern Education

Today, the use of national movement games in schools and sports institutions is expanding:

- National games are widely integrated into physical education classes.
- In preschool institutions, children acquire motor skills through movement-based games.
- Youth sports competitions and festivals help promote both cultural and athletic potential through national games.

Table 1. The Impact of Traditional Movement Games on Youth Education

Name of the Game	Type of Game	Physical Development	Moral / Ethical Development	Social Development
Struggle	Team-based, competitive	Strength, endurance, agility	Respect, fairness, patience	Teamwork, strategic thinking
Children	Team-based	Speed, coordination	Honesty, integrity	Group cooperation, turn-taking
Sparrow game	Individual	Flexibility, quickness	Attention, determination	Individual responsibility, self-regulation
Ball Passing	Team-based	Accuracy, agility	Friendly competition, respect	Collaboration, quick decision-making
Hand-and-Foot Game	Team-based	Balance, endurance	Discipline, patience	Group interaction, development of social skills

Table Analysis

1. Physical Development:

The table demonstrates that traditional movement-based games contribute comprehensively to the physical preparedness of young people. For example, the game Struggle enhances strength and endurance, while Sparrow game develops agility and flexibility. At the same time, each

game forms different motor skills, which collectively support the overall physical development of the youth.

2.Moral and Ethical Development:

Movement-based games cultivate not only physical abilities but also moral qualities. For instance, the game Children strengthens a sense of honesty and integrity among children, whereas Struggle fosters respect and fairness. These aspects play a crucial role in shaping the ethical values of the younger generation.

3.Social Development:

The table further shows that team-based games teach young people to work collaboratively, cooperate effectively, and think strategically. Even individually-based games contribute to increased personal responsibility and the development of self-management skills.

Conclusion

Traditional movement games play a vital role in the upbringing of today's youth, providing simultaneous physical, moral, and social development. Studies indicate that:

- Physical development: National games effectively enhance key motor skills such as strength, endurance, agility, flexibility, and coordination.
- Moral and ethical education: These games introduce young people to essential values including respect, fairness, honesty, integrity, and patience.
- Social development: Group games cultivate collaboration, turn-taking, strategic thinking, and collective decision-making skills.

Furthermore, traditional movement games serve as an effective tool for familiarizing young people with national traditions and cultural values, while guiding them toward becoming healthy, socially mature, and responsible individuals.

By actively incorporating traditional games into the activities of educational institutions and sports organizations, it becomes possible to raise a generation that is physically robust, morally grounded, and respectful of national heritage. Therefore, the role of traditional movement games in youth upbringing today is significant not only from a physical standpoint but also in moral and social dimensions.

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